

陰 vs 陽

Yin vs Yang

Dark / Light
Female / Male
Water / Fire
Night / Day
Cold / Hot
Contract / Expand
Slow/ Rapid
Passive / Active
Damp / Dry
Solid / Hollow
Interior / Exterior
Centralpedial / Centralfugal
Inferior / Superior
Downward / Upward
Front / Back
Right / Left (Left / Right)
Thin / Thick

Five Element Theory

North
Winter/Water

West Earth East
Dry/Metal/Fall Yellow/Center/Damp Wood/Wind/Spring

South
Fire/Summer

Cycles:

Nourishing Cycle - Mother / Son

Fire -> Earth -> Metal -> Water -> Wood

Controlling Cycle - Grandmother / Grandson (Father / Daughter)

Fire -> Metal -> Wood -> Earth -> Water

Counteracting Cycle (Insulting Cycle)

Water -> Earth -> Wood -> Metal -> Fire

| | Wood | Fire | Earth | Metal | Water |
|-----------------------------|----------------|----------------|----------------|---------------|---------------|
| Seasons | Spring | Summer | None | Autumn | Winter |
| Directions | East | South | Centre | West | North |
| Colors | Green | Red | Yellow | White | Black |
| Tastes | Sour | Bitter | Sweet | Pungent | Salty |
| Climates | Wind | Heat | Dampness | Dryness | Cold |
| Stage of development | Birth | Growth | Transformation | Harvest | Storage |
| Numbers | 8 | 7 | 5 | 9 | 6 |
| Planets | Jupiter | Mars | Saturn | Venus | Mercury |
| Yin-Yang | Lesser Yang | Utmost Yang | Centre | Lesser Yin | Utmost Yin |
| Animals | Fish | Birds | Human | Mammals | Shell covered |

| | | | | | |
|-------------------------|----------|-----------|-------------|-----------|----------|
| Domestic Animals | Sheep | Fowl | Ox | Dog | Pig |
| Grains | Wheat | Beans | Rice | Hemp | Millet |
| Yin organs | Liver | Heart | Spleen | Lungs | Kidneys |
| Yang organs | Gall | Small | Stomach | Large | Bladder |
| | Bladder | Intestine | | Intestine | |
| Sense organs | Eyes | Tongue | Mouth | Nose | Ears |
| Tissues | Sinews | Vessels | Muscles | Skin | Bones |
| Emotions | Anger | Joy | Pensiveness | Sadness | Fear |
| Sounds | Shouting | Laughing | Singing | Crying | Groaning |

(From Foundations of Chinese Medicine - Giovanni Maciocia)

Emotional Ranges

| | | |
|--------|------------------|------------|
| Heart | Envious/Spiteful | Joy |
| Lung | Sad/Negative | Positive |
| Liver | Anger | Kindness |
| Spleen | Anxiety | Calm |
| Kidney | Fear | Courageous |

Heart - Emotional Mind

Spleen - Cognitive Mind

The Three Jiao

Upper Jiao - Shen - Sleep

Heart, Lungs

Middle Jiao - Qi - Food

Spleen (digestive system)

Lower Jiao - Jing - Sex

Kidney / Liver